

# Welcome to the BNL Seattle to Brady Glacier Alaska "Virtual Swim" 2017



We begin where we ended last year in Seattle and continue to travel up the West coast with the goal of reaching Brady Glacier Alaska.

**Total distance is 1000 mi.** The swim will run from January 11 to March 31<sup>st</sup>, 2017. With a celebration upon completion!

As in previous years, each swimmer will log his/her lengths on the shared spreadsheet, see link below. The instructions are in the first worksheet (see the second page here).

<https://goo.gl/RhovQ3>

If you need help ask the lifeguards or please contact:

Wlodek Guryn [guryn@bnl.gov](mailto:guryn@bnl.gov)

John Sinsheimer [jsinsheimer@bnl.gov](mailto:jsinsheimer@bnl.gov)

Rob Todd [rtodd@bnl.gov](mailto:rtodd@bnl.gov)

Ian Ballantyne [ballant@bnl.gov](mailto:ballant@bnl.gov)

Rich Casella [rac@bnl.gov](mailto:rac@bnl.gov)

Individual and group lengths will be totaled periodically, then converted to miles and tracked on the BNL "Virtual" Swim Map. (53 pool lengths = 1 mile)



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**Instructions:**

Step 1: If you have not done so, add your name to the next available row in this list below. Once you do this, your name will appear on all the tabs (sheets) below.

Step 2: Click the tab at the bottom of the screen labeled "Weeks 1&2", or "Weeks 3&4", etc. Find your name and add in your lengths swam on the respective days

Step 3: You can view our team's and your totals on the tab labeled "Statistics".

Contact John Sinsheimer ( jsinsheimer at bnl.gov ) for any comments or questions about this document

Name:

Wlodek Guryn

John Sinsheimer

Your name here

+

Name Entry Weeks 1&2 Weeks 3&4 Statistics

← Add your name to the next blank box in the list of names

Click these tabs at the bottom of the page to view different sheets

Virtual Swim 2014 ★

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	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	Enter lengths on dates below:								Enter lengths on dates below:								
2																	
3	Week 1: Jan 1st - Jan 4th								Week 2: Jan 5th - Jan 11th								
4	Name					Wed	Thurs	Fri	Sat		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5	Wlodek Guryn																
6	John Sinsheimer																
7	Your name here					10	12		16			8					
8																	
9																	
10																	
11																	
12																	
13																	
14																	

Your name will appear on all other sheets once entered in the Name Entry sheet.  
Find your name and enter your lengths swam for each day

+

Name Entry Weeks 1&2 Weeks 3&4 Statistics

You can view your total lengths swam by clicking the Statistics sheet.